



## Discover your raleigh parks and recreation Department

### Exercise - Yoga at Millbrook

Ages 16 and up

Get energized and feel better with yoga! A terrific stress reliever as well as a great workout, Moksha-style hatha yoga is a series of standing and floor postures that will increase your flexibility, improve your balance and posture, strengthen your body and calm your mind. This basic yoga class is accessible to any fitness level or body type due to modifications given by the teacher, and is also great for athletes seeking increased flexibility and focus. No previous yoga experience is necessary. It is recommended to contact a physician before beginning any new exercise program. Wear stretchy clothing, bring a water bottle and yoga mat (a limited number of yoga mats will be available). Instructor Roxane Banville, Yoga Alliance Certified. **Class fee:** \$48

#119134	Jan 9-Feb 13	M	10:15 am -11:30 am
#119135	Feb 27-Apr 2	M	10:15 am -11:30 am
#119300	Apr 16-May 21	M	10:15 am -11:30 am
#119136	Jan 11-Feb 15	W	6:30 pm - 7:45 pm
#119137	Feb 29-Apr 4	W	6:30 pm - 7:45 pm
#119301	Apr 18-May 23	W	6:30 pm - 7:45 pm

### Yoga Workshop - Hip Openers

Ages 16 and up

Explanation of specific yoga poses along with details on how to maximize your benefits from each will be covered, followed by the students proceeding to do the yoga poses. These will include Banarasana (Runner's Lunge), Vrksasana (Tree), Virabandrasana I (Warrior I), Trikonasana (Triangle), and Pigeon pose. These poses are part of the foundation of Moksha yoga and help open the hips and loosen the muscles that could otherwise create lower back and sciatica issues. Students should have some previous yoga experience and should have relatively good movement in order to participate. It is recommended that participants contact their physician before beginning any exercise program. Instructor Roxane Banville, Yoga Alliance Certified. **Class fee:** \$25

#119170	Feb 25	Sa	10:00 am -11:30 am
#119299	Jan 26	Th	6:30 pm - 8:00 pm

### Dog Obedience

Ages 13 and up

Course of instruction in basic commands and controlling your dog. The Raleigh Kennel Club provides this class as a community service. An AKC Canine Good Citizen test will conclude the class with passing dogs earning their AKC CGC title. This test evaluates the ability of the dog to display good public manners. Dogs should be no younger than 6 months old. **Class Fee:** \$40

#117264	Mar 28-May 30	W	7:30 pm - 8:30 pm
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### English as a Second Language (ESL) - Clases de Ingles

Ages 18 and up

These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés. **FREE CLASS**

#118111	Apr 26-May 31	Th	6:30 pm - 8:00 pm
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### Spanish - I/Español 1

Ages 18 and up

This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues, and present tense of verbs are covered. Este curso es una introducción a la conversación en español con énfasis en escuchar y hablar. Se cubrirán temas como el concepto del tiempo, días de la semana, meses, colores. También practicaremos diálogos simples y el tiempo presente de los verbos.

**Class Fee:** \$50

#121857	Jan 19-Feb 23	Th	6:30 pm - 8:00 pm
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### Spanish 2/ Español 2

Ages 18 and up

This course is a continuation of Spanish 1 with continued emphasis on listening and speaking. Este curso es una continuación de la clase de español 1 con énfasis en escuchar y hablar el idioma. **Class Fee:** \$50

#121858	Mar 1-Apr 12	Th	6:30 pm - 8:00 pm
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### Bridge for Beginners

Ages 18 and up

Have you ever wanted to be able to join in a friendly, social game of bridge? This eight week class is just the place for beginners, and for those who have not played the game in many years. It includes instruction on bidding, strategy, and play of the hand. Learn the game and build your confidence with others who are just learning, too! Instructor: John Floreth. **Class fee:** \$60

#117241	Jan 24-Mar 13	Tu	7:00 pm - 9:00 pm
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